

JEFFERSON COUNTY
AREA AGENCY ON AGING

186 Main St STE 2 * Brookville, PA 15825
Phone: (814) 849-3096 1-800-852-8036
www.jcaaa.org
Find us on Facebook: @JeffersonCountyAAA

Want to receive our newsletter by email?
Register on our website or call us!



We will be distributing vouchers IN PERSON this year on the following dates!

- June 2nd Brockway Depot
9:00am-2:00pm
- June 4th Brookville Heritage House
9:00am-2:00pm
- June 9th Punxy Area Senior Center
9:00am-2:00pm
- June 10th Reynoldsville Foundry
9:00am-2:00pm

If you are not comfortable picking up vouchers in person you may still apply by mail and receive the checks in the mail. Please send or email the application (**cut out page _3_ & _4_**) to:

Jefferson County Area Agency on Aging

Attn: SFMNP

186 Main St. Ste. 2

Brookville, PA 15825

Email: awilson@jcaaa.org

You can also fill out an application on our website at jcaaa.org

If you have any questions, please do not hesitate to call us at 814-849-3096.



Every second of every day an older adult falls

While younger people might consider rising from a fall to be a simple matter, almost half of older adults who fall cannot get back up without help. Serious injuries, admission to hospital, and subsequent moves into long-term care are strongly associated with long lie times.

We need to help our seniors develop action plans that address these questions:

1. If you were to fall tonight, would you be able to get up safely?
2. If you were injured and couldn't get up, how would you get help?

For a free copy of *Explaining Epidemiological Factors of Falls to Older Adults* please call **814-849-3096** and a copy will be mailed to you. You can use this educational tool to demonstrate how health conditions or related complications can increase falls risk.

You can also receive information or be assessed to receive a Personal Emergency Response System or “help button” through the Area Agency on Aging. Health and income questions do apply to qualify for assistance through the JCAAA.

Jokes

A senior citizen was driving down the freeway, when his phone rang

Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280. Please be careful!"

"Heck," said Herman, "It's not just one car. It's hundreds of them!"

This morning at about 7:45, I was in a long line at a grocery store that opens at 8:00 for senior citizens only.

A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away.

As he approached the line for the third time he said, "Look, if you don't let me unlock the darn door you're never going to get in there!"

For office use only Application _____

DO NOT CUT OR ALTER THIS FORM IN ANYWAY!

The complete form and nondiscrimination statement must be received by JCAAA for acceptance.

**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2021 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2021) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$23,828 for 1 person in the household; or \$32,227 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2021).

1st Participant Name (print): _____ Birth date _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ County you live in _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 15, 2021 to: Jefferson County Area Agency on Aging .
186 Main Street, Suite 2 .
Brookville, PA 15825 .

Email- awilson@jcaaa.org

Please see back for USDA Nondiscrimination Statement

For office use only Application _____

DO NOT CUT OR ALTER THIS FORM IN ANYWAY!

The complete form and nondiscrimination statement must be received by JCAAA for acceptance.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

SENIOR FMNP RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines. As follows:

The 2021 household income eligibility is:

1 person - \$23,828	4 people - \$49,025
2 people - \$32,227	5 people - \$57,424
3 people - \$40,626	6 people - \$65,823

Each qualified senior may only receive the \$24 FMNP benefit 1 time each program year.

Please see back for USDA Nondiscrimination Statement

FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2021 or after November 30, 2021.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are not permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

Market information

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app.

Or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

**** Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

List of eligible Fruit and vegetables

Fruit

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussels sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

Nutrition Education

Nutrition information on basic nutrition, shopping, cooking and food safety can be found at <https://www.nutrition.gov/>
The website also contains many different recipes.



**Jefferson County
Senior Center Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roasted Pork w/ Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	2 Baked Meatloaf w/ Gravy 1/2c Baked Potato w/ Margarine 1/2c Wax Beans Wheat Bread Cookie	3 Tuna Salad Sandwich w/ Lettuce & Tomato 1c Lentil Soup w/ Crackers Sandwich Roll Fresh Orange	4 Baked Breaded Chicken Cutlet 1/2c Scalloped Potatoes 1/2c Tomato & Cucumber Salad White Bread 1/2c Fruited Gelatin
7 Baked Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Beets Wheat Bread Cookie	8 Spaghetti & Meatballs (4) w/ Marinara 3/4c. Pasta w/ Sauce 1c Tossed Salad w/ Dressing Italian Bread 1/2c Pineapple	9 Warm Roast Beef Sandwich w/Mozzarella 1/2c Roasted Parmesan Redskins 1/2c Carrots Sandwich Roll Fresh Banana	10 Chicken Scallopini 1/2c Blended Rice 1/2c Brussel Sprouts Wheat Bread 1/2c Applesauce	11 Turkey Chef Salad (turkey,cheddar,egg) 1c Tossed Salad w/ Cucumber 1c Creamy Cauliflower Soup WG Dinner Roll 1/2c Mixed Fruit
14 Maple Dijon Salmon 1/2c Garlic Buttered Orzo 1/2c Peas Wheat Bread 1/2c Pineapple & Cherries	15 Kielbasa 2 Tbsp Sauerkraut 1/2c Whipped Potatoes 1/2c Green Beans 2 WW Bread Gelatin	16 Fiesta Chicken Sala (fajita chicken, cheddar,salsa,sour cr) 1c Mixed Greens w/ Tortilla Strips 1c Tortilla Soup w/ Crackers WG Dinner Roll	17 Roasted Sliced Turkey 1/2c Mashed Potatoes w/ Gravy 1/2c Mixed Vegetables Wheat Bread Cookie	18 BBQ Riblette 1c Summer Potato & Corn Chowder w/ Crackers Cornbread Square Fresh Fruit
21 Beef Burgundy 1/2c Bowtie Noodles 1/2c Coin Carrots Wheat Bread Fresh Orange	22 Chili Cheese Hot Dog (2oz Chili, .5oz Ched- dar) 1/2c Baked Potato 1/2c Green Beans Hot Dog Roll 1/2c Cinnamon Applesauce	23 Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken, Parmesan, Tomato,Croutons) 1c Pasta Florentine Soup w/ Crackers WG Dinner Roll	24 Orange Glazed Pork Loin 1/2c Blended Rice 1/2c California Blend Wheat Bread 1/2c Pineapple Tidbits	25 Vegetable Lasagna 1oz Shredded Mozzarella 1c Tossed Salad w/ HB Egg Italian Bread 1/2c Warm Peach Crisp
28 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Cream Corn Wheat Bread 1/2c Raspberry Sherbet	29 Brunch Lunch Western Omelet w/ Ham, Cheese, Peppers, Onions 1/2c Breakfast Potatoes WG English Muffin w/ Jelly 4oz Orange Juice	30 BBQ Glazed Turkey Burger w/ Cheddar 1c Creamy Broccoli Soup w/ Crackers Sandwich Roll Fresh Fruit		*menu subject to change*

Deserts of the World

Find and circle all of the deserts that are hidden in the grid.
The remaining letters spell a secret message.

D U F E N A E A D U J A N A U H A U H I H C
 A R C T I C G S D N A S A B I H A W N T A E
 N G T R C B A R U J D T N A M I B L A I C M
 I A R A G O B I E V A J O M S A H A R A K P
 A R I E N O R T H A M E R I C A N T O G A T
 I S I S A A A S J T T H T E L U M S N U R Y
 A R O Y S T M M G A E B S I A T U A O B O Q
 L N D D N U V I A N L Y A E H E K O S A O U
 E A S N R K R I A C K A T S U W A C E N R A
 C Y T A T O C I C H A A P L I L R C I N T R
 O B H S I E B O S T L T B A A N A I W T N T
 L I A T A U Y E R P O I A G O M K T E A O E
 O L R A N O L E N K N R U R U L S N K G D R
 R B A E I O C O L D C A I K A E E A N R D D
 A A B R S M S N U L J A L A C R M L I A A S
 D Y I G C P A S A I A Y L H E A L T N N V S
 O U A A M E V R R E Z V U B L S C A A D E A
 G D N O T A S A A Y R R H K R H I K R B G N
 A A H N L F I E K N A T A T A A I D A A E R
 D T O L G I B S O N J T I L A L M A H R N E
 E M E K A L A H A R I A B R S E A L K A P B
 N Y O L S I M P S O N I B A E R D D A E S A
 E O B I G N A R P A T A G O N I A N R T T T

ARABIAN
 ARCTIC
 ATACAMA
 ATLANTIC COASTAL
 BAYUDA
 BLACK ROCK
 BLUE
 CHALBI
 CHIHUAHUA
 COLORADO
 DANAKIL
 DEATH VALLEY
 DJURAB
 EMPTY QUARTER
 ERITREAN COASTAL

GIBSON
 GOBI
 GRAND BARA
 GREAT BASIN
 GREATSANDY
 GREAT VICTO-
 RIA
 GUBAN
 INDUS VALLEY
 JALAPAO
 JUDAEAN
 KALAHARI
 KARAKUM
 KAROO
 KHARAN
 KYZYLKUM

LAGUAJIRA
 LIBYAN
 MARANJAB
 MOJAVE
 MONTE
 NAMIB
 NEFUD
 NEGEV
 NORTH AMERICAN
 NUBIAN
 NYIRI
 OGADEN
 OLESHKY
 ORDOS
 PATAGONIAN

RAMLAT
 RANGIBO
 RUSSIAN
 SAHARA
 SECHURA
 SIMPSON
 SINAI
 SONORAN
 TABERNAS
 TAKLAMAKAN
 TANAMI
 TENERE
 THOMPSON PLATEAU
 WAHIBA SANDS
 WHITE

**Jefferson County Area Agency on Aging Main
 office and senior centers will be closed the on
 following days. July 2nd, 4th and 5th**





Brookville Heritage House Center
 Address: 4 Sylvania Street,
 Brookville, PA 15825
 Phone: 814-849-3391
 Email: heritage@jcaaa.org

We are open for dine in and take out for lunch! Please call by 1pm the day before to reserve your lunch.

BINGO – Mondays and Fridays 9:00am-11:00am

SCRABBLE – Wednesdays at 10:00am

CHAIR YOGA – join certified instructor Jen Good every Tuesday and Thursday starting on June 8th-July 1st.



CHAIR YOGA



Brookville Laurel Festival June 12th-20th

June 13th – Strawberry Social in the Town Square. 2:00pm until sold out. \$5.00 includes ice cream and strawberries. Live music!

June 15th – Family Fun Night 5:00pm-9:00pm. Bowditch Model Railroad Exhibit open at the History Center.

June 16th – Main Street History Tour – From the Courthouse to Hall House. 1:00pm-2:00pm. Meet in the Town Square. Cost is Free.

Check out the Brookville Laurel Festival Facebook page for updates!



Brockwayville Depot Center
 Address: 425 Alexander Street
 Brockway, PA 15824
 Coordinator: Cheryl Moore
 Phone: 814-265-1719
 Email: depot@jcaaa.org

We are Back and so are limited activities with guidelines to follow.

PLEASE NOTE THAT OUR HOURS FOR THE CENTER HAS CHANGED TO 8:00AM-1:00PM MONDAY THROUGH FRIDAY. Lunch available every weekday for dine-in or take-out. Call to reserve your meal.

June 3rd – Farmer's Market Voucher Distribution 9-2

June 8th – BREAKFAST! 7:30am-9:30am. Bacon, Eggs, Toast, Juice, and Coffee. Suggested donation is \$5.00. No reservation needed for Breakfast. We will also be serving lunch that day (take-out or dine-in). RESERVATION is needed for lunch. Suggested donation for lunch is \$2.50.

June 17th – GROCERY BINGO! 6:00pm-8:00pm. Cost is only \$3.00 per packet. HOWEVER, YOU MUST PROVIDE YOUR OWN SNACKS AND DRINKS at this time. We will still serve cake at intermission.

Music Night will start as soon as we find a volunteer that is willing to be in charge. No food will be served at Music Night. We encourage you to support the local restaurants in Brockway that have struggled through this pandemic! Call Cheryl if interested in volunteering at 814-265-1719.

We are working on Bus Trips. Thank you for your patience!

Join us for Grocery Bingo !!!! June 17th at 6:00 PM





The Reynoldsville Foundry Center
 Address: 45 West Main Street
 Reynoldsville, PA 15851
 Coordinators: Cheryl Hannah
 Phone: 814-653-2522
 Email: foundry@jcaaa.org

Monday Afternoon - Jam Session is back from 1-3 pm - come enjoy some wonderful music and gather for a sing along too!

Monday Evenings - Tai Chi from 6:00pm-7:00pm. New students welcome! Come and enjoy some easy follow along exercise that relieves stress and is fun to do too!

Thursdays - Bingo from 9:30-11:30 am. Coffee and snack provided!

Farmer Market Vouchers will be available **IN PERSON** on June 10th between 9:00am-2:00pm.

- If you are picking up vouchers for a friend or family member you **MUST** bring a completed application from the older adult.
- Proxy forms are **NOT** necessary
- Applications must **ONLY** be completed if picking up vouchers for homebound senior (replaced the proxy form) **OR** if you want to receive the vouchers in the mail.
- Stimulus money does not count as income but if you are receiving unemployment that should be added to your total gross income.
- If you are coming in person to the senior center to pick up your vouchers an application is not necessary.

PUNXSUTAWNEY AREA SENIOR CENTER

Punxsutawney Area Center
 Address: 222 N. Findley Street
 Punxsutawney, PA 15767
 Coordinator: Debbie Long
 Phone: 814-938-8376
 Email: punxy@jcaaa.org

NEW Hours of operation Monday thru Friday 8:30 to 1:30.

Activities available cards, games, movies, video exercise, lending book library, current magazines.

Hot beverages and bottled water on hand.

Take out lunches at 11:30; dine in at noon. Please call 814-938-8376 or stop in to reserve your meal by 1:00pm the day before.

Wednesday, June 9th 9 to 2 - Farmer Market checks distribution

Friday, June 11 from 9:30 to 10, Mary Keck from Penn Highlands will present a program called "Five Wishes".

Monday, June 14th (Flag Day) 9:30 to 10:30 - STAR GLAZING craft.

Friday June 18th 9:30 to 10:15 - Darla Kahle from Dubois Continuum will conduct a presentation.

Friday June 25th - ice cream day

Wednesday June 30th - June birthday celebration

Those 60 and older welcome, if you would like to become a consumer, stop in for an intake form.



Pictured: Dwight, Joe, and David are enjoying SKIPO.

Blood Clots Explained

Clearing Blockages in the System

Your blood is an amazing, multi-purpose substance. It flows continuously through the body, carrying oxygen and nutrients to your cells. But if you get a scrape or cut, some of this flowing liquid quickly turns to a protective clot.

Clots are tangles of molecules and blood cells that clump together. They help prevent blood loss when the skin breaks open. They also help stop infections from getting inside the body. But when clotting happens inside a blood vessel, it can be dangerous.

Clots can form on the blood vessel walls to help them heal if they get damaged. Afterward, the clots usually dissolve. But sometimes a clot doesn't get broken down as it's supposed to. Clots may also form when they're not needed.

Sometimes, clots break off a vessel wall and travel through the blood to other parts of the body. They may cause a lot of damage, depending on where they block blood flow. Blood clots can potentially harm the brain, heart, lungs, or other organs.

But researchers have made great progress over the last few decades in managing blood clots. They continue to develop new ways to treat and prevent such blockages.

Clogs in the System

Three main things can lead to dangerous blood clots, explains Dr. Mitchell Elkind, an expert on stroke at Columbia University. "One is an abnormality in the blood that makes it more likely to clot. For example, **genetic** causes, cancer, or damage from smoking," he says. "The second is when blood doesn't flow properly." This can be a side effect of diseases and disorders of the heart or blood vessels.

The third is damage to the lining of blood vessels. One cause of such damage is cholesterol buildup in the blood. Cholesterol is a waxy, fat-like substance that can clump together to form plaques. If a plaque breaks apart, it can damage the blood vessel.

Blood clots can happen to anyone, at any age. But some people are at increased risk. These include older adults and those with certain heart conditions.

Major surgery or a serious injury also add risk. Obesity, being physically inactive, and some medications can boost the chance of a dangerous clot, too.

"And once you've had one blood clot, you're at high risk of another one," notes Dr. Nigel Key, an expert on blood disorders at the University of North Carolina.

Some infections may also increase the risk of blood clotting. Recent studies have shown that the virus that causes COVID-19, SARS-CoV-2, can cause blood clots in some people.

Symptoms of a Clot

Blood clots can occur anywhere in the body. That makes it difficult to find them before they cause a problem, Elkind explains. The symptoms of a blood clot depend on where they are.

A clot blocking blood flow to the brain can lead to a stroke. Strokes can cause sudden difficulty seeing, speaking, or walking. They can also make you feel weak, numb, dizzy, or confused.

A clot that blocks blood flow to the heart can cause a heart attack. The most common signs are crushing chest pain and difficulty breathing. Others range from cold sweats to arm or shoulder pain.

A clot in the lungs can cause shortness of breath, pain when breathing deeply, or even coughing up blood. A clot in a vein deep within the body is called a deep vein thrombosis, or DVT. Symptoms include swelling, pain, warmth, or red or discolored skin. These usually happen in your legs. Long periods of inactivity can increase your risk.

“Compared with a heart attack or stroke, there’s low awareness of the symptoms of deep vein thrombosis,” Key says. Many symptoms overlap with less dangerous conditions, such as a muscle sprain.

If you have symptoms of a blood clot, call your health care provider or 911 immediately. You may need to go to the hospital to have blood or imaging tests.

Busting Blockages

Treatment depends on where a clot is and how long you’ve had symptoms. Certain drugs can break up and dissolve some types of clots. But they have to be given within a few hours of when symptoms start.

A type of surgery called a thrombectomy can be used to remove clots in large blood vessels. It can be used even if people don’t get to the hospital in time to receive clot-busting drugs. “That’s been a huge benefit for patients,” says Dr. Waleed Brinjikji, an expert on stroke at the Mayo Clinic.

This technique has also let researchers study what clots are made of after they’re removed. “We’re starting to realize how different clots can be,” says Brinjikji.

Different types of clots might benefit from different removal techniques or drugs. So Brinjikji’s team is now testing ways to identify the type of clot before it’s removed. That way they can start to test which treatments work best.

Stopping a Clot

If you have a clot that’s forming, certain medications may help shrink it or stop it from growing. These drugs are called anticoagulants. They’re more commonly known as blood thinners.

Sometimes, people with certain heart conditions are given blood thinners to prevent blood clots from forming. But blood thinners can have side effects, including an increased risk of bleeding. So doctors don’t give them to everyone.

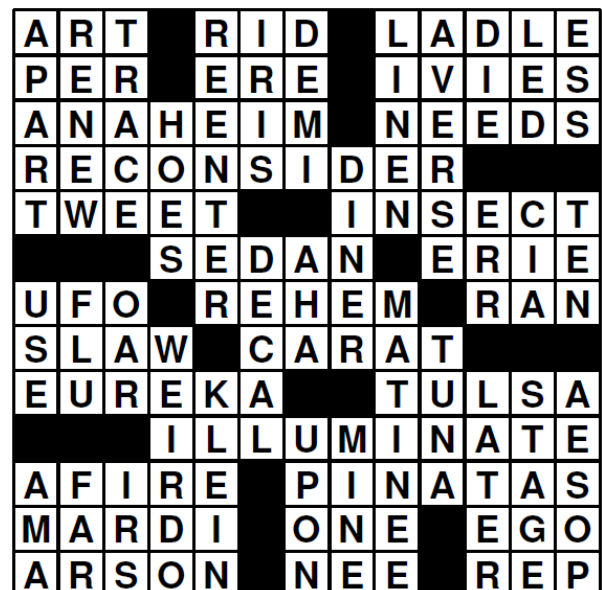
Elkind’s team has been researching which heart conditions may benefit from this type of preventive

treatment.

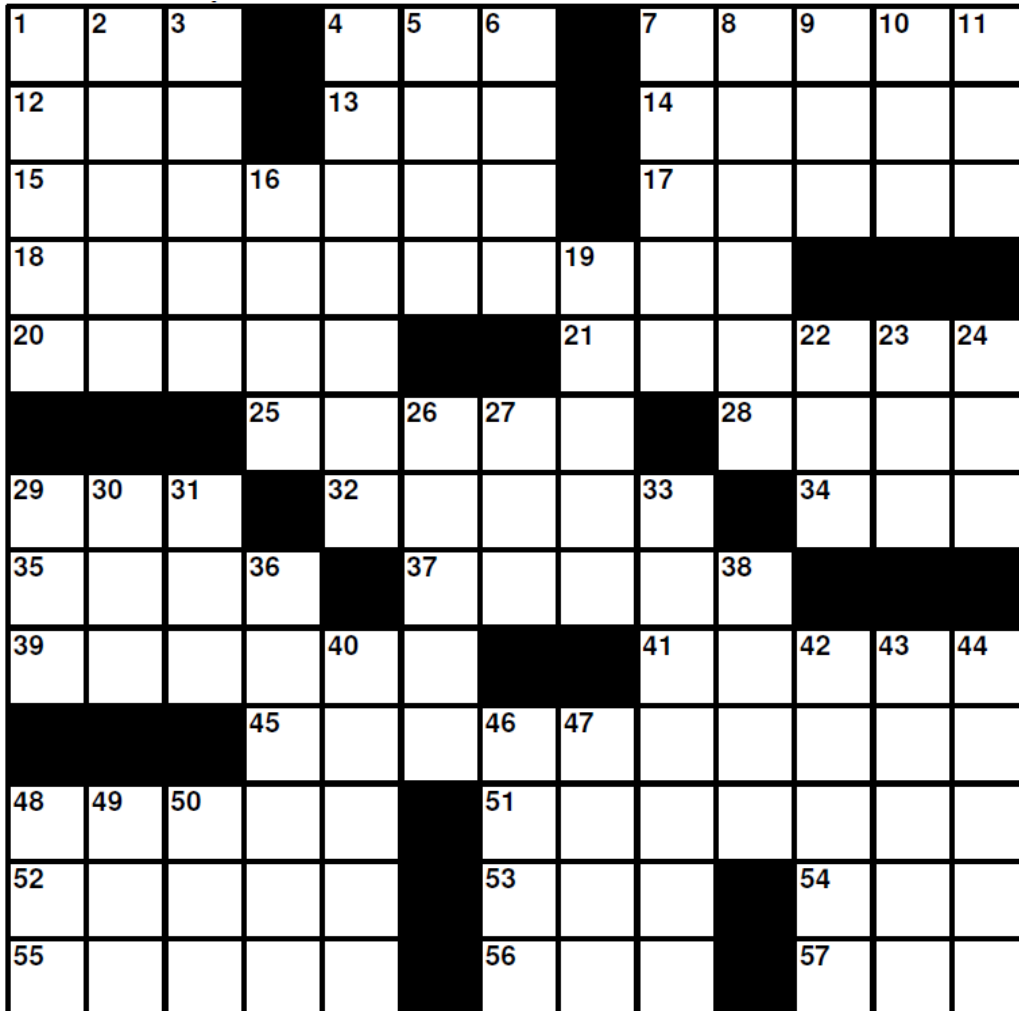
Recent research has shown that blood thinners may help in COVID-19. They might reduce the risk of blood clots and organ damage in people hospitalized with COVID-19. More work is underway to figure out how best to prevent and treat blood clots for those with the disease.

This work will also help researchers better understand how other viruses can affect the blood, Elkind explains. “I think we’re going to learn a lot about how other infections also trigger clotting from studying COVID-19,” he says.

Resource: <https://newsinhealth.nih.gov/2021/05/blood-clots-explained>



Seniors - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAA for emergencies 24 hours a day at 1-800-852-8036.



DOWN

1. Separated
2. Subscribe again
3. Track down
4. Come back in
5. Spring bloom
6. ___ Moore of "Ghost"
7. Flax product
8. Reluctant
9. "___ Hard" (Willis film)
10. Conducted
11. Snaky curve
16. Gardening tools
19. Roadside eatery
22. Misjudge
23. Espionage org.
24. ___-gallon hat
26. Sticker
27. Exclamation of triumph
29. Employ
30. Winter ailment
31. Rowing device
33. Afternoon performance
36. Oddball (sl.)
38. Large food fish
40. Designer Calvin ___
42. In a while
43. Theater platform
44. Fable collector
46. On top of
47. Coal pit
48. Doctors' gp.
49. Distant
50. Tax agcy.

ACROSS

- | | | |
|-----------------------|-------------------------------|--------------------------|
| 1. Gallery exhibit | 29. Flying saucer (abbr.) | 53. Uno |
| 4. Free (of) | 32. Alter slacks | 54. Sense of self |
| 7. Soup dipper | 34. Hastened | 55. Criminal burning |
| 12. Miles ___ hour | 35. Cabbage salad | 56. Formerly called |
| 13. Burns' "before" | 37. Diamond weight | 57. Salesperson, briefly |
| 14. Climbing plants | 39. Cry of discovery | |
| 15. Disneyland site | 41. Oklahoma metropolis | |
| 17. Requirements | 45. Light up | |
| 18. Think over again | 48. Blazing | |
| 20. Chirp | 51. Festive candy containers | |
| 21. Beetle, e.g. | 52. ___ Gras (Shrove Tuesday) | |
| 25. Family car | | |
| 28. Pennsylvania port | | |